

# Take Me \* Shake Me

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Heidi Van Sinten (NL) - July 2010  
音乐: La Noche Es para Mí - Soraya



Intro: 32 counts

## R cross, Side, Cross shuffle, L Cross, Side, Cross shuffle

1-2      RF cross over LF, LF step to left side  
3&4      RF cross over LF, LF step to left side, RF cross over LF  
5-6      LF cross over RF, RF step to right side  
7&8      LF cross over RF, RF step to right side, LF cross over RF (12)  
(during these steps you move a little forward)

## R rock step, Triple full turn R, L hip bump, R hip bump, 1/4 L hip bump, L hook

1-2      RF rock forwards, weight back on LF  
3&4      Full turn right (step RF-LF-RF)  
5-6      LF step to left side with hips to the left, sway hips to the right  
7-8      1/4 turn left rock LF forward, weight back on RF and hook left leg for right leg (9)

## L Walk, Walk, Side rock, Walk, R rock step, 1/4 R side shuffle

1-2      LF step forward, RF step forward  
&3-4      LF rock to left side, weight back on RF, LF step forward  
5-6      RF rock forward, weight back on LF  
7&8      1/4 right step RF to right side, LF step next to RF, RF step to right side (12)

## L rock step, Full turn L, L back rock, 1/4 R side shuffle

1-2      LF rock forward, weight back on RF  
3-4      1/2 turn left LF step forward, 1/2 turn left RF step back  
5-6      LF rock back, weight back on RF  
7&8      1/4 turn right LF step to left side, RF step next to LF, LF step to left side (3)  
(option; instead of the full turn on counts 3-4 ,just walk 2 steps back, LF-RF)

## R sailorstep, L Cross shuffle, 2x 1/4 turn L, R shuffle forward

1&2      RF cross behind LF, LF step a little to left side, RF step a little to right side  
3&4      LF cross over RF, RF step to right side, LF cross over RF  
5-6      turn 1/4 left RF step back, turn 1/4 left LF step forward  
7&8      RF step forward, LF step next to RF, RF step forward (9)

## L side rock, Close, R side rock, Close, Touch forward, Touch side, Sailorsep 1/4 turn L

1-2&      LF rock to the left, weight back on RF, LF step next to RF  
3-4&      RF rock to the right, weight back on LF, RF step next to LF  
5-6      LF touch toe forward, LF touch toe to left side  
7&8      turn 1/4 left LF cross behind RF, RF step a little to the right, LF step to left side (6)

## Finish ; At the end of wall 7 replace the last 4 counts with;

5-6      LF touch toe forward, LF touch toe to left side  
7-8      LF touch toe behind RF, unwind 3/4 left to end to the front wall (12)

**HAVE FUN !!!**